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7-OH (7-□□□□□□□) □□□□□□□□□□□□□□□

□□□□

2. **[illegible]**: [illegible] 7-OH, [illegible].

3. **[illegible]**: [illegible] 7-OH [illegible].

4. **[illegible]**: [illegible]

(Translation: Simple language, based on biological facts, without shame or scare tactics.)

[illegible] 7-OH [illegible]

[illegible]

[illegible]

- [illegible]
- [illegible]
- [illegible] ([illegible]) [illegible]
- [illegible]

  (Phu gan sukhphap chumcharn huo rui phu chadkan etukar)
- [illegible] NA (Narcotics Anonymous)

[illegible] "Recovery Kernel" [illegible] 3-5 [illegible]

(Translation: I want you to grasp the essence of "Recovery Kernel" and identify key takeaways for your mental health journey. You don't need to understand every word, as what's important is being able to recognize and follow steps accurately. Please list 3-5 main themes that you think are significant for your situation from reading this guide.)

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[illegible] GET EMERGENCY HELP RIGHT NOW IF YOU HAVE:

[illegible] CALL 911 OR GO TO THE ER FOR ANY OF THESE

- [illegible] [illegible] [illegible]
- [illegible] [illegible] [illegible] [illegible]:

  - **[illegible] (Anemia)**: [illegible] [illegible]
  - **[illegible] (Dehydration)**: [illegible]
  - **[illegible] (Underlying medical conditions)**: [illegible] [illegible] [illegible] [illegible] [illegible]

  [illegible]
- [illegible]
- [illegible]

  (Kwaam jeb pot tan wa tuwan thong haa ruen kaar nang dein thang thaong thi mai sam mang se mae)

  * **[illegible]** - Chest pain
  * **[illegible]** - racing / irregular heartbeat
- [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible] ([illegible]) [illegible]

  [illegible]:

  1. **[illegible]:** [illegible] [illegible] [illegible].
  2. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible].
  3. **[illegible]:** [illegible].
  4. **[illegible]:** [illegible] [illegible] [illegible]
- [illegible]
- [illegible]

[illegible] [illegible] [illegible]:

- **[illegible]:** [findahelpline.com](https://www.findahelpline.com) ([illegible])
- **[illegible]:** [illegible]
- **[illegible]:**

- [illegible] 7-OH [illegible] ([illegible]), [illegible] ([illegible]), [illegible], [illegible], [illegible] 7-OH [illegible] (metabolite) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

MENTAL HEALTH CRISIS: Call or text 988
SAMHSA Helpline (free, 24/7): 1-800-662-4357

KEEP NALOXONE NEARBY.
7-OH acts on the same receptors as opioids and has been linked to respiratory depression by the FDA. Naloxone (Narcan) reverses opioid overdose. It is available at most pharmacies without a prescription. If you’re in heavy withdrawal, someone in your household should have it.

[illegible]

- [illegible] [illegible] [illegible]
- [illegible] [illegible]
- [illegible] [illegible]

The legal status of isolated or concentrated 7-OH is changing fast and varies by state. Florida added concentrated 7-OH to Schedule I by emergency rule in 2025. Other states are following.

[illegible] [illegible]

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□□□□□□□ **Recovery Kernel** □□□□□□□□□□□□□□□□□□□□

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2. **□□□□□□□□□□□□□□□□□□□□□□□□□□□□:
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[illegible] 7-Hydroxymitragynine [illegible] "7-OH" [illegible]

[illegible] FDA [illegible] 7-OH [illegible] mu-opioid [illegible] - [illegible]

[illegible], [illegible], [illegible]

[illegible] "70 [illegible]" [illegible] "70" [illegible]

[illegible]?

- [illegible] (dose), [illegible] (frequency), [illegible] (duration)
- [illegible]
- [illegible], [illegible], [illegible] — [illegible]
- [illegible]

[illegible]

(Nī pēn bālaiwittaya, mai chī khawp khūphoph k̄huk.)

[illegible]

- [illegible]
- [illegible]
- [illegible]

[illegible]

[illegible] - [illegible] 7-OH [illegible] - [illegible]

[illegible]

[illegible] [illegible]

[illegible] 7-OH [illegible] [illegible] [illegible] 3 [illegible] [illegible] [illegible]

[illegible] (bathroom)

****[illegible]:****

1. [illegible].
2. [illegible] [illegible] [illegible] [illegible]
[findahelpline.com] [illegible].
3. [illegible] [illegible].
[illegible] ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

(Kwaam khreian thang khaeng nae [illegible] mai mi kwan kwang suk indai dai ruu sook dee.)
[illegible] [illegible] 7-OH [illegible] [illegible]

[illegible] [illegible]:

1. **[illegible]**: [illegible] [illegible] [illegible].

2. **[illegible]**: [illegible] [illegible] [illegible].

3. **[illegible]**: [illegible]

[illegible] [illegible], [illegible] [illegible].

[illegible]

(Kunt mai tueng ka laew yaang pael kapi)

****Explanation:****

* **[illegible] (kunt mai tueng ka laew):** "You don't have to be afraid" - directly translates the sentiment while sounding natural in Thai.
* **[illegible] (ro eak phap yaang pael kap):** "or be hesitant in a different way" - uses an idiomatic expression to convey the idea of not being overly cautious or nervous, without sounding literal.

[illegible]
[illegible] - [illegible]

[illegible]/[illegible] (Buprenorphine/Suboxone) [illegible] (opioid use disorder) [illegible]

[illegible] FDA [illegible] (opioid) [illegible] 7-OH [illegible] (opioid) [illegible]

[illegible] (Methadone)

[illegible] FDA [illegible] (opioid) [illegible]. [illegible]

[illegible] (Naltrexone) [illegible]

[illegible] - [illegible]

[illegible] Clonidine ([illegible]) [illegible] Lofexidine ([illegible])

- **Clonidine [illegible]**

- **Lofexidine [illegible]**

****[illegible]:****

1. [illegible] Clonidine [illegible] Lofexidine

2. [illegible]

[illegible]

[illegible] Gabapentin

[illegible]:

1. **[illegible]:**
   - [illegible] Gabapentin [illegible]
   - [illegible]

2. **[illegible]:**
   - [illegible]
   - [illegible]
   - [illegible]

3. **[illegible]:**
   - [illegible]
   - [illegible]
   - [illegible]
   - [illegible]

4. **[illegible]:**
   - [illegible]

[illegible]

1. **[illegible]**: [illegible], [illegible]

2. **[illegible]**: [illegible]

3. **[illegible]**: [illegible]

4. **[illegible]**: [illegible]
   - SAMHSA Helpline (free, 24/7, confidential): 1-800-662-4357 or findtreatment.gov
   - [illegible] (kratom extract) [illegible] 7-OH [illegible]
   - [illegible]
   - [illegible]

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1. **□□□□□□□□□□□□□□□□□□□□:**
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		* "One less" is directly translated as "[illegible]" (thét hǎi thâi kòt tóng) meaning "however many, it must be". * "Evenly through the day" is expressed as "[illegible]" (khap thá yǎng yàng thia m chom nâa nâo wán) which means "distributed evenly throughout the day".
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[illegible] 30 [illegible]: [illegible]

[illegible] [illegible] 30-[illegible]

[illegible] 30-[illegible]: [illegible]

1. **[illegible]:**
   - [illegible]
2. **[illegible]:**
   - [illegible]

[illegible]: [illegible] 1 [illegible]

[illegible] — [illegible], [illegible] 7-OH [illegible], [illegible] (Day 1 [illegible] Day 30) [illegible].

[illegible] 1, [illegible] 1.

[illegible] 30, [illegible].

[illegible]: [illegible]. [illegible]; [illegible] **FDA** [illegible] **7-OH** [illegible]. [illegible] [illegible]

[illegible]

[illegible]:

* [illegible] **(**[illegible] **"Kratom"** [illegible] **7-OH)**

[illegible]:

* [illegible] **"Kratom"** [illegible] **7-OH**
* [illegible]

[illegible]:

* [illegible] (Naloxone) [illegible]
* [illegible]

[illegible] ([illegible]/[illegible]) [illegible]/[illegible] liều [illegible]

[illegible] - [illegible]?

[illegible]

"[illegible]" [illegible]:

* **[illegible]:** [illegible]

[illegible]

(Magnesium Stearate) [illegible] Magnesium Glycinate - [illegible]

[illegible] (Magnesium Glycinate) [illegible] (magnesium) [illegible] (glycine) [illegible] Magnesium Glycinate [illegible] (OTC) [illegible] "[illegible]"

□□□□□ **"Paraxanthine"** □□□□□□

[illegible] [Naloxone] [illegible] 7-[illegible] (7-OH)

[illegible]:

* "[illegible]" [illegible]
* "7-[illegible] (7-OH)" [illegible]
[illegible] [Naloxone]

[illegible] 7-OH [illegible] [illegible] [illegible]

 # [illegible] (Recovery Kernel)

[illegible]

- **[illegible]:** [illegible], [illegible].
- **[illegible]:** [illegible]. [illegible].
- **[illegible]:** [illegible], [illegible], [illegible].

[illegible]

[illegible] **7-OH** [illegible] **meth** [illegible]

7-OH [illegible]

[illegible] **meth** [illegible]

	7-OH WITHDRAWAL	METH WITHDRAWAL
Sleep	Insomnia — can’t sleep	Hypersomnia — sleeping 15+ hours
Energy	Agitated, restless	Completely flat, depleted
Mood	Anxious, panicked	Depressed, empty
Duration	Acute 3–7 days, PAWS months	Acute 1–2 weeks, cravings months
Key need	Calm down the storm	Rebuild depleted dopamine

[illegible] **pseudoephedrine** [illegible] **methamphetamine** [illegible] [illegible] [illegible]

[illegible]:

1. **[illegible]:** [illegible] [illegible] [illegible]

2. **[illegible]:** [illegible] **pseudoephedrine** [illegible] **methamphetamine** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

3. **[illegible]:** [illegible] [illegible]

[illegible] pseudoephedrine [illegible] Sudafed [illegible] [illegible] (hypersomnia) [illegible] (flat mood) [illegible] [illegible] meth. [illegible] pseudoephedrine [illegible] [illegible] [illegible] (stimulant) [illegible] [illegible] [illegible] (adrenergic system) [illegible] (dopamine) [illegible]

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1. [illegible] — [illegible] [illegible].
2. [illegible] [illegible] — [illegible], [illegible] [illegible].
3. [illegible] (**[illegible] "Recovery Kernel", "Naloxone", "COMT", "DRD2", "MTHFR"**) — [illegible] [illegible].
4. [illegible] — [illegible] [illegible].
5. [illegible]
   - [illegible] 7-OH [illegible]

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[illegible] - [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] (serotonin) [illegible] [illegible] (melatonin) [illegible] 2-3 [illegible]

- [illegible] ([illegible] [illegible])
- [illegible]: [illegible], [illegible], [illegible]
- [illegible] ([illegible] — [illegible])
- [illegible] ([illegible])

[illegible] [illegible]

- [illegible] ([illegible], [illegible], [illegible]/[illegible])
- [illegible] ([illegible] [illegible] [illegible])
- [illegible]:

  - **[illegible] (Blueberries)**: [illegible] BDNF (Brain-Derived Neurotrophic Factor), [illegible] [illegible] [illegible].
  - **[illegible] (Dark Berries)**: [illegible] BDNF, [illegible].
- [illegible] [illegible] [illegible] ([illegible]-3, [illegible])

[illegible]

[illegible] [illegible] [illegible] [illegible]

1. **[illegible]**

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2. **[illegible]:** [illegible]
3. **[illegible]:** [illegible]

[illegible], [illegible], [illegible], [illegible]

[illegible] 10 [illegible] 30 [illegible] [illegible] [illegible]

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[illegible] L-[illegible] (L-methylfolate) [illegible] (methylcobalamin) B12	[illegible] 7.5–15 [illegible] L-methylfolate ([illegible] MTHFR)	[illegible] (dopamine) [illegible] (serotonin): [illegible] MTHFR [illegible]	[illegible] ([illegible]) [illegible] (B12) [illegible] + [illegible] ([illegible]

(Note: This is a direct translation of the terms as requested, without additional content or changes.)		□□□□□□□□□□□□□□□□□□□□ (methylated).	□□□□□□□□) □□□□□□□□ □□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□
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[illegible] [illegible] FDA ([illegible])
- **NAC (N-Acetylcysteine)**: [illegible] NAC [illegible] [illegible] FDA
- **Black Seed Oil ([illegible])**: [illegible] [illegible]

[[illegible]]

- L-[illegible] (L-Methylfolate) [illegible] MTHFR: [illegible] DNA [illegible]
- [illegible] (Omega-3) [illegible]: [illegible]
- [illegible] (Magnesium) [illegible]: [illegible] [illegible]

[illegible] 3 - [illegible] ([illegible] / [illegible])

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[illegible] [illegible] FDA [illegible] 7-OH

[illegible] FDA [illegible] [illegible] BPC-157, Selank, Semax, DSIP, Epithalon, TB-500 [illegible] Dihexa [illegible]

[illegible] [illegible]
[illegible]:

- [illegible] (Immunogenicity)
- [illegible]
- [illegible] (Peptide impurities)
- [illegible]

[illegible]:

- [illegible]
- [illegible] [illegible] [illegible] [illegible] (Certificate of Analysis - COAs) [illegible] [illegible] [illegible]
- [illegible]
- [illegible] (peptides) [illegible] "[illegible]..." [illegible] [illegible]

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[illegible]				[illegible] CBT-I ([illegible]: Sleepio)
[illegible] (Semax) [illegible]	[illegible] 100-300 [illegible], [illegible].	[illegible] BDNF ([illegible]) [illegible]	[illegible] 2-4: [illegible] 10%	[illegible] (Lion’s Mane) [illegible]

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[illegible] (Restless Legs) [illegible] (Muscle Cramps)	[illegible] (Glutamate surge) [illegible] (Electrolyte	[illegible] 1,000 [illegible]	[illegible] (2-3 [illegible], [illegible] 90 [illegible]). [illegible]. [illegible].

	imbalance)		
[illegible]	[illegible] (Norepinephrine) [illegible] (opioid)	[illegible] Selank [illegible] N-acetylcysteine (NAC) **[illegible]:** 1. **[illegible]:** [illegible] ([illegible]) 2. **[illegible] NAC:** [illegible] ([illegible]	[illegible] (Passionflower tea) [illegible] (Ashwagandha) [illegible] (Cold water on face) [illegible] (Deep breathing)

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	help. The phrase "Dopamine system crashed" is a metaphor and should be translated literally to convey the clinical severity.)	- **L-Methylfolate (□□□□□□□□□□□□□□□)**: □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ DNA □□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□. - **B12 (□□□□□□□□ B12)**: □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□, □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□.	
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(Chanan ruu khon chit-ai jep pot daen och yoong in haong krung) **□□□□□□□:** * □□□□□□□□

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[illegible]: 1. **[illegible]**: [illegible]	[illegible] (BDNF) [illegible]	[illegible] (Recovery Kernel) [illegible] Semax, Dihexa [illegible] NAC 1. **Semax**: [illegible]	[illegible] (Lion's Mane) [illegible]-3 (Omega-3) [illegible] (Blueberries) [illegible] (Cold shower) [illegible] (Exercise)

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	□□□□□□□□ (Note: This is a direct translation, maintaining the clinical tone. No additional information is provided as per the given instructions.)	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□: - □□□□□□□□□□□□□□□□□□ □□□□□□□□ - □□□□□□□□□□□□□□□□□□ □□□□□ - □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□ - □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□	
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[illegible]

(Note: This translation follows the specified approach, aiming for natural, idiomatic Thai while maintaining the emotional register and structural integrity.)

[illegible] [illegible] [illegible] 15-30 [illegible]

[illegible] 20 [illegible]

****1. [illegible]:** [illegible] [illegible] [illegible] [illegible]**

****2. [illegible]:** [illegible] 20 [illegible] [illegible]**

****3. [illegible]:** [illegible] [illegible] [illegible] [illegible]**

****4. [illegible]:** [illegible] 20 [illegible] [illegible]**

1. [illegible] [illegible]
2. [illegible] 20 [illegible]
3. [illegible]! [illegible]"[illegible] [illegible] 20 [illegible]"[illegible] AI [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]:

   - **[illegible]**: [illegible], [illegible], [illegible].
   - **[illegible]**: [illegible], 20 [illegible] [illegible].
   - **[illegible]**: [illegible]
4. [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

1. **[illegible]:** [illegible]? [illegible] [illegible]? [illegible] [illegible]

2. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible]

3. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] (0-2 [illegible])

- **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- **[illegible]:** [illegible] [illegible] [illegible] [illegible]
- **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- **[illegible]:** [illegible]
  - [illegible] ([illegible]): [illegible] [illegible]
  - [illegible] (capsaicin) [illegible] [illegible] (hot sauce) [illegible] (hot pepper pickles) [illegible] [illegible] (endorphin):

    1. **[illegible] (Capsaicin)**: [illegible] [illegible] [illegible] (nervous system)
    2. **[illegible] (Endorphin Response)**: [illegible] [illegible] [illegible] [illegible] [illegible]
    3. **[illegible]**: [illegible] [illegible] [illegible]
  - [illegible] (Pickle juice): 2-3 [illegible], [illegible] (Neurological interrupt)
  - [illegible] [illegible]

[illegible]

- [illegible] 5 [illegible]:
  1. [illegible] 4 [illegible]
  2. [illegible] 4 [illegible]
  3. [illegible] 8 [illegible]

[illegible] 20 [illegible] [illegible]:

1. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

3. **[illegible]:** [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible] [illegible]

  (Tid tông huāi kòd khân thīng khæn kạp s [illegible] khun kam kàm phèechin khang kàyăng)
- [illegible] [illegible] [illegible] [illegible]
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible], [illegible], [illegible] — [illegible] [illegible]

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[illegible]?

(Kun tukkan akar ina khang?)

(Note: This directly translates the original phrase, capturing its neutral and open tone. In a support context, it's important to sound approachable and non-judgmental.)

[illegible] [illegible]

[illegible] [illegible] [illegible] **"Recovery Kernel"** [illegible]

[illegible]:

1. **[illegible]:** [illegible] [illegible] [illegible] [illegible]
2. **[illegible]:** [illegible] [illegible]
3. **[illegible]:** [illegible] [illegible]

- [illegible] — [illegible] (NA) [illegible].
  [illegible] Kratom [illegible] 7-OH [illegible]. [illegible].
- [illegible] (SMART) [illegible] [illegible] [illegible] [illegible]
  [smartrecoveryonline.org](https://www.smartrecoveryonline.org)
- # [illegible] Kratom

  [illegible] Kratom [illegible] [illegible] [illegible] Reddit r/quittingkratom [illegible] Kratom [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]!

[illegible] Kratom:

1. **[illegible]:** [illegible] [illegible] [illegible] Kratom. [illegible]

- SAMHSA Helpline: 1-800-662-4357 (free, 24/7, confidential)
- [illegible] findahelpline.com [illegible]

[illegible] 3:00 [illegible] ([illegible])

(Note: This is a direct translation of the given phrase, maintaining the same tone and register as requested.)

[illegible] (Recovery Kernel) [illegible]/[illegible] [illegible] [illegible] [illegible]

****[illegible]:****

1. **[illegible]: [illegible] [illegible] [illegible] [illegible]**

2. **[illegible]: [illegible] [illegible]**

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] (Recovery Kernel) [illegible] [illegible] [illegible] [illegible] MTHFR, COMT, [illegible] (receptor pharmacology), [illegible] [illegible] [illegible] [illegible] [illegible] 3:00 [illegible] (3am) [illegible]

[illegible] GitHub [illegible] URL [illegible] [illegible] [illegible] [illegible]

[illegible] "Recovery Kernel" ([illegible])
[illegible] [illegible]
[illegible]

[illegible] Kernel AI [illegible]

Kernel AI [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] Kernel AI [illegible] [illegible] [illegible]:

1. **[illegible] AI Platform:** [illegible] [illegible] AI platform [illegible] [illegible] Claude, ChatGPT, [illegible] platform [illegible] [illegible] [illegible] [illegible] Kernel AI.

2. **[illegible] API:** [illegible] API (Application Programming Interface) [illegible] platform [illegible] [illegible] Kernel AI.

3. **[illegible]:** [illegible]

AI [illegible], [illegible], [illegible]
[illegible]

If you feel at risk of harming yourself: call or text 988.

[illegible]

1. **[illegible]**: [illegible]

2. **[illegible]**: [illegible]

3. **[illegible]**: [illegible]

[illegible]

(Muean mai phu khon ti dap tam khon fan chat khai lan [illegible] mai slay auk mok hai gap nang thi mak khun khun. Kar tham tio pai khon phut tai khon lae sap di.)

[illegible] ([illegible])

[illegible]

[illegible] [illegible] (slip) [illegible]
[illegible] (full relapse) [illegible]

[illegible]

[illegible]

□□□□□□□□□□□□ □□□□□□□ *Recovery Kernel* □□□□□□□□□□□□□

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1. **□□□□□□□□□□□□□:** □□□□□□□□□□□□□□□□□□□□

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[illegible]

(Kwaam ching khon si ngam nee)

Note: This is a direct translation of "The truth about this" into Thai, maintaining the original's weight and seriousness. Since the context often requires conveying sensitive information accurately and without softening, literal translations are preferred in such cases.

7-OH [illegible]. [illegible].

[illegible] (taper) [illegible]

[illegible] "[illegible]" [illegible]

- [illegible]
- [illegible]
- [illegible]

  ([illegible])
- [illegible]:

  [illegible]
- [illegible]

  (Zhúk ttong rwm kám khon thīi krák)

Explanation:

* [illegible] (zhúk ttong): Accurately, truly, genuinely
*[illegible] (yw): Be, exist
*[illegible] (rwm): Together
*[illegible] (gáp): With
*[illegible] (khon thīi krák): People you love

This translation captures the essence of "being truly present" for loved ones, conveying warmth and care in a natural Thai expression.

- [illegible] (Chanan ruu sing tuen ta tuen lae mi khwaa ruek thi pen ding dai)

Explanation:

* [illegible] (Chanan) - I
* [illegible] (ruu sing) - feel
*[illegible] (tuen ta tuen) - proud
* [illegible] (lae) - and
* [illegible] (mi khwaa ruek sing) - have a feeling
*[illegible] (thi pen ding dai) - of being good

- [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] "Recovery Kernel"

[illegible] Recovery Kernel

1. **[illegible]:** [illegible]

2. **[illegible]:** Recovery Kernel [illegible]

3. **[illegible]:** [illegible]

[illegible]

(Kun kam lang waang paen in srang chaeng kham muai thon.)

Explanation:

* **[illegible] (kun kam lang waang paen):** You are designing
* **[illegible] (mai):** new
* **[illegible] (kham muai):** brain/tool

This translation captures the original meaning with a natural and idiomatic Thai expression, conveying the sense of intentional creation and innovation.

[illegible], [illegible], [illegible] — [illegible]

[illegible] "[illegible]". [illegible]. [illegible]. [illegible]. [illegible].

[illegible] 7-OH [illegible]

□□□

□□□□□□□□□□□□□□□□□□□:

**1. □□□□□□□□□□□□□□□□□□□

[redacted]

[redacted] 1: [redacted]

[redacted] [redacted]
[redacted] [redacted]

- [redacted] [redacted]
- [redacted]
- [redacted]

- ☐ Get naloxone (Narcan) from a pharmacy. Have it nearby.
- ☐ If your withdrawal is severe, call SAMHSA: 1-800-662-4357
- ☐ [redacted] 1 [redacted]

[redacted] 2: [redacted]

- ☐ [redacted]. [redacted], [redacted], [redacted].
- ☐ [redacted]
- ☐ [redacted]: [redacted], [redacted], [redacted], [redacted], [redacted].

[redacted] 3: [redacted]

- ☐ [redacted]:

  1. [redacted]: [redacted] [redacted], [redacted]/[redacted]]
  [redacted].

  2. [redacted]: [redacted]

  3. [redacted]: [redacted] [redacted], [redacted]] [redacted]
  [redacted], [redacted]/[redacted]

- ☐ [redacted]
- ☐ [redacted] (slow taper, pill kit, kratom bridge, [redacted] medical) [redacted]:

1. **Slow Taper (□□□□□□□□□□□□□□□□)**: □□□□□□□□□□□□□□□□□

[illegible] "Recovery Kernel" [illegible]

[illegible]:

* **[illegible]:** [illegible]
* **[illegible]:** [illegible]
* **[illegible]:** [illegible]

[illegible] *Recovery Kernel* [illegible]
 	
[illegible] Recovery Kernel:
 	
1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible] *Blueprint* [illegible]
	[illegible] / [illegible]
	
	- **[illegible]:** [illegible], [illegible], [illegible]:
	  - [illegible]
	  - [illegible] ([illegible] NAMI,NAMI [illegible])
	  - [illegible]
	
	- **[illegible]:** [illegible], [illegible]:
	  - [illegible]

SAMHSA National Helpline (free, 24/7, confidential)	[illegible]: - 1-800-662-4357: [illegible] - findtreatment.gov: [illegible]
Mental health crisis / suicidal	Call or text 988

[illegible] *Recovery Kernel* [illegible]
 	
[illegible] Recovery Kernel:
 	
1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible] *Blueprint* [illegible]
	[illegible] / [illegible]
	
	- **[illegible]:** [illegible], [illegible], [illegible]:
	  - [illegible]
	  - [illegible] ([illegible] NAMI,NAMI [illegible])
	  - [illegible]
	
	- **[illegible]:** [illegible], [illegible]:
	  - [illegible]

thoughts	
Emergency / overdose	911
Naloxone (Narcan) — how to get it	[illegible]
[illegible] SMART ([illegible]) [illegible] SMART [illegible] **[illegible]:** - **[illegible] (Science-based):** [illegible] SMART [illegible] - **[illegible] (Free):** [illegible] - **[illegible] (Life Improvement):** [illegible]	[illegible] **[illegible] Smart Recovery:** 1. **[illegible]:** [illegible] 2. **[illegible]:** Smart Recovery [illegible] 3. **[illegible]:** [illegible]
[illegible] l[illegible] (NA)	[illegible]
[illegible] Reddit	# [illegible]

[illegible] *Recovery Kernel* [illegible]
 	
[illegible] Recovery Kernel:
 	
1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible] *Blueprint* [illegible]
	[illegible] / [illegible]
	
	- **[illegible]:** [illegible], [illegible], [illegible]:
	  - [illegible]
	  - [illegible] ([illegible] NAMI,NAMI [illegible])
	  - [illegible]
	
	- **[illegible]:** [illegible], [illegible]:
	  - [illegible]

	[illegible] (Kratom) [illegible] ## [illegible]: 1. **[illegible]:** [illegible]. 2. **[illegible]:** [illegible]
[illegible] ([illegible] AI) **[illegible]** 1. **[illegible]:** [illegible] (Recovery Kernel) [illegible] AI [illegible] 2. **[illegible]:** [illegible]	# [illegible] (Recovery Kernel) ## [illegible] [illegible] **Recovery Kernel** [illegible] ## [illegible] 1. **[illegible]:**

[illegible] *Recovery Kernel* [illegible]
 	
[illegible] Recovery Kernel:
 	
1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible] *Blueprint* [illegible]
	[illegible] / [illegible]
	
	- **[illegible]:** [illegible], [illegible], [illegible]:
	  - [illegible]
	  - [illegible] ([illegible] NAMI,NAMI [illegible])
	  - [illegible]
	
	- **[illegible]:** [illegible], [illegible]:
	  - [illegible]

[illegible] 3. **[illegible]:** [illegible]	- [illegible] - [illegible]
[illegible] (CBT-I) - [illegible] **[illegible]:** CBT-I [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible] 3. **[illegible]	[illegible] "CBT-I sleep app free" [illegible] Insomnia ([illegible]) [illegible] **Sleepio** [illegible] Insomnia [illegible] (CBT-I) [illegible] Sleepio [illegible]